

# Credentia CNA Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. What should you first check when assisting a patient with oral care?**
  - A. The patient's medical history**
  - B. The patient's ability to swallow**
  - C. The patient's preference for mouthwash**
  - D. The patient's level of consciousness**
- 2. What should be done if a resident expresses a desire to refuse treatment?**
  - A. Ignore their wishes if you believe treatment is critical**
  - B. Respect the refusal and document it accordingly**
  - C. Manipulate them into agreeing**
  - D. Inform family members of the refusal**
- 3. What does CNA stand for?**
  - A. Certified Nutrition Assistant**
  - B. Certified Nursing Assistant**
  - C. Certified Nurse Administrator**
  - D. Clinical Nursing Associate**
- 4. What is the FIRST action a nurse aide should take if they find a conscious client lying on the bathroom floor?**
  - A. Attempt to lift the client to their feet**
  - B. Check the client for injuries**
  - C. Call for assistance from the nurse in charge**
  - D. Provide comfort and reassurance**
- 5. What is the process called that aims to restore a disabled client to the highest level of functioning possible?**
  - A. Restoration**
  - B. Rehabilitation**
  - C. Recuperation**
  - D. Recovery**

- 6. What is the role of the ombudsman in a nursing home?**
- A. To enforce disciplinary actions**
  - B. To protect clients' rights**
  - C. To manage financial resources**
  - D. To supervise staff performance**
- 7. What should a nurse aide do if a confused client asks for the current date?**
- A. Point to the calendar and say the date**
  - B. State the date without a visual aid**
  - C. Check a watch for the date**
  - D. Ignore the question since the client is confused**
- 8. In regards to communication, how important is facial expression when dealing with non-verbal clients?**
- A. Not important at all**
  - B. Very important for conveying emotions**
  - C. Used only at the beginning of conversations**
  - D. It should be avoided to reduce confusion**
- 9. What is the BEST action the nurse aide can take for a client exhibiting sadness and depression after admission?**
- A. Offer the client privacy for personal reflection**
  - B. Introduce the client to other clients and staff members**
  - C. Encourage the client to express their feelings**
  - D. Suggest the client engage in activities alone**
- 10. What should the nurse aide do if they observe that a client's upper denture plate is cracked?**
- A. Throw it away**
  - B. Report the damage to the nurse in charge**
  - C. Ignore the issue**
  - D. Try to repair it themselves**



## **Answers**

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1. B
2. B
3. B
4. C
5. B
6. B
7. A
8. B
9. B
10. B

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## **Explanations**

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**1. What should you first check when assisting a patient with oral care?**

- A. The patient's medical history**
- B. The patient's ability to swallow**
- C. The patient's preference for mouthwash**
- D. The patient's level of consciousness**

When assisting a patient with oral care, it is essential to first check the patient's ability to swallow. This is crucial because if a patient has difficulty swallowing, there is a risk of aspiration—where food or liquid enters the airway—and this can lead to serious complications such as aspiration pneumonia. Understanding the patient's swallowing ability helps ensure that the oral care process is safe and appropriate. Assessing swallowing ability also informs the caregiver on how to provide oral care, such as whether to use water, mouthwash, or any rinse, and at what consistency. It ensures that the caregiver can provide care that aligns with the patient's needs while minimizing the risk of choking or discomfort. Prioritizing this aspect of patient safety is fundamental in maintaining their overall well-being during oral care.

**2. What should be done if a resident expresses a desire to refuse treatment?**

- A. Ignore their wishes if you believe treatment is critical**
- B. Respect the refusal and document it accordingly**
- C. Manipulate them into agreeing**
- D. Inform family members of the refusal**

When a resident expresses a desire to refuse treatment, it is essential to respect their autonomy and right to make decisions regarding their own care. This principle is rooted in the ethical and legal standards of healthcare, which prioritize the individual's informed consent and personal choices about their treatment options. Respecting the refusal means acknowledging the resident's feelings and decisions, validating their right to make such choices, even if they may not align with what healthcare providers believe is in their best interest. Documenting the refusal is equally important, as it ensures there is a record of the resident's wishes, which protects both the resident's rights and the healthcare provider from potential liability issues in the future. This documentation can be crucial for ongoing care and for understanding the resident's preferences in any future discussions or treatment plans. Understanding this process is vital for maintaining trust and a strong therapeutic relationship between the healthcare provider and the resident, supporting a person-centered approach to care.

### 3. What does CNA stand for?

- A. Certified Nutrition Assistant
- B. Certified Nursing Assistant**
- C. Certified Nurse Administrator
- D. Clinical Nursing Associate

CNA stands for Certified Nursing Assistant. This title reflects the role of individuals who provide essential support in healthcare settings, particularly in assisting patients with daily activities and ensuring their comfort and well-being. Certified Nursing Assistants work under the supervision of registered nurses and licensed practical nurses, making them an integral part of the healthcare team. Their training includes knowledge of patient care, hygiene, mobility assistance, and basic medical procedures, emphasizing the importance of compassionate care in the nursing profession. Other options, such as Certified Nutrition Assistant or Certified Nurse Administrator, do not accurately represent the role and training associated with CNAs, while Clinical Nursing Associate is not a widely recognized title within the field.

### 4. What is the FIRST action a nurse aide should take if they find a conscious client lying on the bathroom floor?

- A. Attempt to lift the client to their feet
- B. Check the client for injuries
- C. Call for assistance from the nurse in charge**
- D. Provide comfort and reassurance

In a situation where a conscious client is found lying on the bathroom floor, the first action should be to call for assistance from the nurse in charge. This is crucial because the nurse aide requires support and direction from a qualified healthcare professional who can assess the situation properly and ensure that appropriate care is provided. Calling for assistance allows for a coordinated response, ensuring that the right resources are available to assess potential injuries or provide emergency care if needed. The nurse can take command of the situation, helping to evaluate the client's condition, determine the need for further medical evaluation, and ensure that any interventions are carried out safely. Taking immediate action such as attempting to lift the client or checking for injuries could inadvertently cause harm, especially if the client has sustained an injury or is in a state that could worsen with movement. Providing comfort and reassurance is important, but this action typically follows once safety measures are established, including getting help for proper evaluation and care.

**5. What is the process called that aims to restore a disabled client to the highest level of functioning possible?**

- A. Restoration**
- B. Rehabilitation**
- C. Recuperation**
- D. Recovery**

The process that aims to restore a disabled client to the highest level of functioning possible is known as rehabilitation. Rehabilitation involves a comprehensive approach that may include physical therapy, occupational therapy, speech therapy, and other supportive services to help clients regain lost skills or adapt to new ways of functioning due to disability or illness. Rehabilitation is focused on enabling individuals to participate as fully as possible in their daily lives, thereby improving their overall quality of life. The goal is not only to restore physical capabilities but also to address emotional, social, and vocational aspects necessary for reintegration into their communities. In contrast, terms like restoration, recuperation, and recovery encompass different scopes and meanings. Restoration might imply returning something to its original state, which may not necessarily involve the comprehensive support that rehabilitation entails. Recuperation often refers to the general process of recovering strength or health after an illness or injury, whereas recovery can indicate a broader return to a normal state, not specifically targeting functional abilities. Thus, rehabilitation is the most accurate term for this process focused on enhancing a disabled client's functional capabilities.

**6. What is the role of the ombudsman in a nursing home?**

- A. To enforce disciplinary actions**
- B. To protect clients' rights**
- C. To manage financial resources**
- D. To supervise staff performance**

The role of the ombudsman in a nursing home is primarily to protect clients' rights, which is essential for ensuring the well-being and dignity of residents. An ombudsman acts as an advocate for residents, helping them understand and exercise their rights while addressing any complaints or concerns they may have about their care or living conditions. This role includes investigating complaints, providing information on patient rights, and working to resolve issues related to care, treatment, and quality of life. By advocating for residents, the ombudsman ensures that their voices are heard and that they receive fair treatment within the facility. This advocacy can involve liaising with nursing home management, government agencies, and families to foster a safe and supportive environment for all residents. The emphasis is on promoting dignity, respect, and the right to make choices, aligning closely with the values of person-centered care.

**7. What should a nurse aide do if a confused client asks for the current date?**

- A. Point to the calendar and say the date**
- B. State the date without a visual aid**
- C. Check a watch for the date**
- D. Ignore the question since the client is confused**

Pointing to the calendar while stating the date is an effective strategy because it provides both auditory and visual information to the confused client. This dual approach enhances the client's understanding and helps reinforce the information being communicated. For individuals experiencing confusion, visual cues can sometimes help anchor their thoughts and provide context that makes the information more accessible. Offering a visual aid, such as a calendar, can provide reassurance and allow the client to reference the date independently if needed. This method respects the client's right to know and promotes their engagement with their surroundings, which is important for maintaining their dignity and agency in care situations.

**8. In regards to communication, how important is facial expression when dealing with non-verbal clients?**

- A. Not important at all**
- B. Very important for conveying emotions**
- C. Used only at the beginning of conversations**
- D. It should be avoided to reduce confusion**

Facial expression is a crucial element of communication, especially when interacting with non-verbal clients. It serves as a powerful means of conveying emotions and intentions. When words are not available, facial expressions can express feelings such as happiness, sadness, anger, or confusion, providing essential context for the interaction. These expressions can help clients feel understood and connected, which is particularly important in healthcare settings where emotional support and empathy play a significant role in patient care. In situations involving non-verbal clients, caregivers must rely on these visual cues to gauge reactions and adjust their approach accordingly. Effective use of facial expressions not only enhances the communication process but also fosters trust and rapport between the caregiver and the client, leading to improved overall care. Understanding and interpreting these non-verbal signals is vital for creating a supportive and empathetic environment.

**9. What is the BEST action the nurse aide can take for a client exhibiting sadness and depression after admission?**

- A. Offer the client privacy for personal reflection**
- B. Introduce the client to other clients and staff members**
- C. Encourage the client to express their feelings**
- D. Suggest the client engage in activities alone**

The most beneficial action for a client exhibiting sadness and depression after admission is to introduce the client to other clients and staff members. This approach helps facilitate social connections, which can be crucial for individuals dealing with feelings of loneliness and depression. Social interaction often has a positive effect on mental well-being, as it encourages a sense of belonging and support. By meeting others, the client may feel more integrated into the environment and less isolated, which can contribute to overall mood improvement. Encouraging social interaction can also lead to the formation of new friendships and support networks, making the transition into a new living situation less daunting. Each interaction helps build trust and a rapport with both staff and peers, which can create a supportive atmosphere that is conducive to addressing and alleviating feelings of sadness.

**10. What should the nurse aide do if they observe that a client's upper denture plate is cracked?**

- A. Throw it away**
- B. Report the damage to the nurse in charge**
- C. Ignore the issue**
- D. Try to repair it themselves**

When a nurse aide observes a cracked upper denture plate, the appropriate action is to report the damage to the nurse in charge. This is essential because the nurse has the training and authority to determine the best course of action regarding the denture. The cracks may impact the client's ability to eat or speak comfortably, and it is important for a qualified healthcare professional to assess the situation and decide whether the denture should be repaired or replaced. Taking immediate action by reporting ensures that the client receives the necessary care in a timely manner. It also highlights the importance of teamwork in a healthcare setting, where clear communication about a client's condition leads to better outcomes. Other choices, such as attempting to repair the denture themselves or throwing it away, could potentially harm the client or lead to a lapse in care. Ignoring the issue would prevent the client from receiving necessary assistance and could negatively affect their quality of life.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://credentialacna.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**